

*Fall session is underway...sign up today!*

**2015 CSA**

**Fall**

**November 7<sup>th</sup>**

**Planet Earth Diversified**

- **Field Mix 10x10 bag**
- **Arugula 10x10 bag**
- **Collards**
- **Watercress**
- **Sweet Potatoes**
- **Lemongrass**
- **Dill**
- **Bay Laurel**
- **Tarragon**
- **Cilantro**
- **Thai Basil**
- **Butternut Squash**
- **Baby Ginger**

This week most of the citrus harvest is in your clamshell with the pineapple sage blossoms. Don't go home without this bonus pack! The mandarins' skin is not only loose, making for easy peeling, but it is also delicious raw, added to smoothies, shaved into cooked dishes, and makes for a very easy candy-ing of the rind. Personally, i eat the rind of the mandarin and the calmondin, which is the "micro-orange" variety which is also included. Making a jam, pesto, and freezing are all options to help extend your experience of this year's citrus. We like to make orange crème pops, balsamic vinaigrette, yogurt dressing, chutney, marmalade, and infusion of drinking water from a pesto, if you will, a paste

that we grind in the food processor. Using honey and the fruits, it is chopped until it is a thick paste, adjusting with honey when needed to process to useful consistency. The pineapple sage blossoms will do best if you lay out the stems and dry them. The plant is reputed for lowering blood pressure, and is in the salvia family of flavorful and healthy herbs. This cardinal colored flower is very popular with pollinators and hummingbirds alike. When in flower, i eat a stalk of flowers everyday. I have recently been around really ill persons, including C-diff, and wondered how soon i could get back to eat some more flowers! Add some ginger into that tea cup, a few of the flowers, and one of the calmondin oranges, and you will be enjoying a full-flavored energizing tonic . Try twisting a micro orange into your water bottle for all day flavoring from the rind of the calmondin. Thank you for letting us share what we love with you! Enjoy <3



**The most delicious part of citrus harvest are those trees without thorns.**

